MAKE IT A PRIORITY
WOMEN URGED TO GET FREE MAMMOGRAMS
{page 24}

TRUE GRIT, BY THE BOOK
THE COENS' NOVEL APPROACH {page 16}

SNOW JOB
GAGA FURIOUS OVER WEATHER DISH {page 20}

VANCOUVER metro®
Tuesday, December 21, 2010
www.metronews.ca
News worth sharing.

Canucks. Win

▶ Defenceman Keith Ballard looks to keep the puck in the Canucks' zone against the St. Louis Blues at the Scottrade Center in St. Louis, Mo., yesterday. The Canucks won 3-1. Story, page 32.

DILIP VISHWANAT/GETTY IMAGES

St. Louis left singing the blues

'Caps set to clash with TFC
Vancouver hosting Toronto for inaugural MLS match {page 6}

You are what you drink
Jessica Napier's taxonomy of mixology {page 12}

B.C. given high marks for giving

Survey compared data for all Canadian provinces, territories, and U.S. states ◐ B.C. ranks high for amounts given, though low for overall number of donors ◐ Quebec ranked the least charitable province

J.J. MCCULLOUGH
VANCOUVER@METRONEWS.CA

British Columbians are solidifying their status as some of the most giving people in Canada, according to a report released yesterday.

The Fraser Institute study, which focused on charitable giving in North America, found that B.C. residents make the country's second-largest individual charitable donations (averaging at $1,820 per donor), surpassed only by Manitobans.

British Columbians were also found to donate the third-highest percentage of their personal incomes to charity, at .85 per cent.

Though the latter number represents an upward trend from recent years, B.C.'s generosity continues to remain somewhat overshadowed by recession realities.

A study by the Vancouver Foundation released earlier this month found many local charities complaining of dwindling revenue at a time of increasing need. Forty-nine per cent of the organizations surveyed claimed to have seen a drop in revenue in the 2009-2010 fiscal year.

Still, B.C. charities are not rushing to play the victim card.

"I think British Columbians prefer to deal with positives rather than negatives," said Maj. Brian Venables of the Vancouver Salvation Army.

"If you're constantly going to the well saying, 'We need help, we need help,' I think it's less productive than if you focus on all the good we're doing."

"People like to back a winner," agreed Catherine Clement of the Vancouver Foundation.

Clement noted it's important to remember that personal donations represent "only a small piece of the pie" for many charities, with government grants, corporate funding and endowment gifts offering equally significant revenue sources.

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City worries about possible tent city

Vancouver city council worries about the health and safety of people who may co-opt a tent city proposed for the Olympic Village, said Coun. Kerry Jang.

VanAct organizer Tristan Markle said the tents' purpose is to bring homelessness awareness and the need for affordable housing to the forefront of people's minds.

"There's an affordability crisis in Vancouver. The time has come to … address the negative impact of the Olympics … and reclaim the village once and for all."

But Jang doesn't agree, saying he believes the city is right on track with the village.

"Two-thirds — 252 units — are slated for affordable housing and for those with core needs."

To do more than that would be "bad economics," he added.

SARAH N. FITZGERALD

Get a free cab ride, phone call on Telus

In Richmond? Need a ride? Look for one of Richmond Cabs' Telus-decalled cars and nab yourself a free trip to almost anywhere in Greater Vancouver.

Ten cars are offering a courtesy trip — up to 50 kilometres — and nationwide phone call to anyone who hops aboard, and Telus is picking up the tab.

Rides are available 11 a.m. to 11 p.m. until Christmas night.

SARAH N. FITZGERALD

KRISTEN THOMPSON/METRO

▶ Peter Thompson sells Hope In Shadows calendars outside the Commercial Drive SkyTrain station yesterday.

Calendars provide hope

Program employs homeless and low-income people who buy calendars for $10 and sell them for $20 Sales are up 20% over last year

KRISTEN THOMPSON
@METRONEWS.CA

Every day at 11 a.m., Peter Thompson arrives at the Commercial Drive SkyTrain station to sell Hope In Shadows calendars.

He stands in the cold, and sometimes in the rain, until 6 p.m., selling calendars to passersby in an attempt to raise enough money to buy headstones for his parents' grave.

"I'd like to know that they will rest easy," he said.

The former carpenter, who is in his third year selling calendars, took the photo that graces the cover of the 2011 calendar — a picture of his eight-year-old nephew holding a sign that says, "I Can Make A Difference."

"To have my nephew on there, it gives him (pride) and will give him incentive when he's older," Thompson said.

Paul Ryan, director of Pivot's Hope In Shadows project, said the program provides pride, dignity and self-esteem to vendors.

"Beyond providing much-needed income, vendors have positive and meaningful interactions with the public and connect with people from different communities," he said.

Images' origins

1 Calendars are produced as a result of a three-day photography contest for Downtown Eastside residents.

2 This year, more than 4,000 images were submitted from disposable cameras.

Telus joins Richmond in promoting skate venue

The future may be looking friendlier for the Richmond Oval as the facility introduced Telus yesterday as its new partner in the centre's community legacy program.

"It's a milestone for our city and for the Richmond Oval," said Mayor Malcolm Brodie, on the partnership, which will focus on the facility's summer sports.

While some Richmond city councillors worry about costs riding on taxpayers, oval general manager John Mills said the new partnership make the oval a sustainable Olympic legacy.

Other partnerships are scheduled to be announced in the beginning of the new year.

"We think the oval is going to become an Olympic factory for Canada," Mills said. "It will be a facility where aspiring high-performance athletes get the training … to attain international success."

KIMIYA SHOKOOHI

News in brief

Prosecutors in short supply

LAW. The province's criminal justice system is a "ticking time bomb" because of a critical shortage of criminal prosecutors, according to the B.C. Crown Counsel Association.

Samiran Kakshman, president of the association, said the government has stripped the system of much-needed resources.

KRISTEN THOMPSON

Man commits lewd acts

INDECENCY. Vancouver police are warning the public about a man seen masturbating outside the homes of young women in the Kitsilano and Mount Pleasant neighbourhoods.

In each case, he was seen outside a ground-floor window or near the entrance to the residence.

KRISTEN THOMPSON

1 news

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Mike Benhaim gets into the list season spirit with his favourite new artists of 2010. More at metronews.ca/backbeat

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Curing colds isn't so common for common cold cures. Scan this code for the story.

EVICTION CASE

Woman gets 7 years for shooting

A 41-year-old woman who shot and injured the supervisor of her Gibsons care home has been sentenced to seven years in jail for attempted murder.

Taking into account time served, she'll spend nearly four years at the Fraser Valley Institution for Women.

Linda Howe shot Ken Perrier during a shooting rampage in March 2009.

She was being evicted from the home because of what staff called erratic behaviour.

The judge said he took into account Howe's developmental disability and said she likely wouldn't reoffend.

KRISTEN THOMPSON

Four men facing over 30 charges

An alleged four-man Lower Mainland crime ring is facing more than 30 charges relating to more than $100,000 of property damage, Burnaby RCMP reported yesterday.

The group allegedly committed dozens of break-and-enters, as well numerous acts of credit card and identity fraud.

J.J. MCCULLOUGH

Suspect charged in murder

Murder charges have formally been laid in the case of a Quebec man who was found dead in a New West hotel room on Saturday night.

Police say the alleged assailant and victim knew each other, but their dispute was not described as either gang- or drug-related.

J.J. MCCULLOUGH

Local DJ hopes to Ripa it up, Live!

RON SOMBILON

▶ Jonny Staub at a holiday charity fundraiser hosted by The Beat 94.5.

▶ Jonny Staub is B.C.'s only co-host contender ▶ Voting starts Jan. 10

SARAH N. FITZGERALD
VANCOUVER@METRONEWS.CA

One of Vancouver's most upbeat broadcasters may be on his way to the Big Apple to co-host alongside Kelly Ripa on the daytime TV show Live!

Jonny Staub, an out-and-proud radio personality at The Beat 94.5 has made the "short" list of 100 North American broadcasters vying for the coveted spot.

Staub, who was nominated by friends, learned of his contendership via text message early yesterday morning.

His first thought being: "This is so cool!"

"I just felt overwhelmed and gracious," he added.

Staub's friend, Tommy (D) Dololanjski, has been one of his biggest supporters.

He's already started a Facebook page, begun tweeting it out and wants to create Team Jonny T-shirts.

"He's so personable, he doesn't take himself too seriously, he's the best friend that everyone deserves," said Dololanjski.

"I just hope the whole country gets behind him … (because) we need the most votes to win."

"Sometimes in your career you get moments that are really huge. I think this could be one of them."
JONNY STAUB

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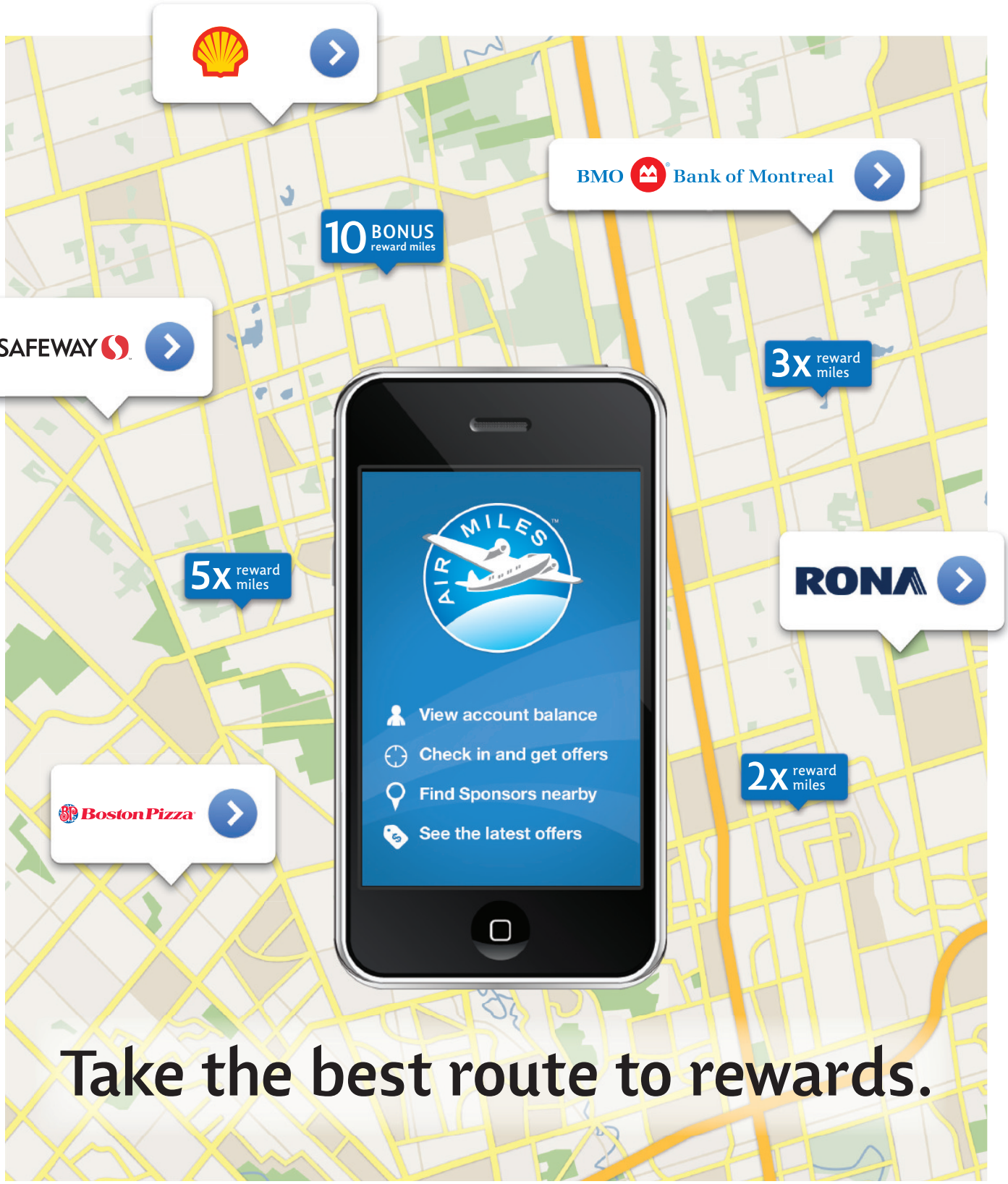

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Whitecaps to kick off opener vs. Toronto FC

Vancouver to play Eastern rival for Major League Soccer season opener Game to heighten soccer's place in national sports: Lenarduzzi

West meets East as the Whitecaps FC open their inaugural Major League Soccer season at home March 19 against Toronto FC.

"We're very excited," said Whitecaps president Bob Lenarduzzi, "to be able to open our MLS campaign against our Canadian rival."

Using Vancouver's relationship with the NHL's Toronto Maple Leafs as example, Lenarduzzi said he expects the Whitecaps to follow in the Canucks footsteps and beat the Torontonians.

"We have played (Toronto) six times over the course of the last three years and have been fairly successful."

In their past six matches, Vancouver posted the winning record against Toronto, coming up with two wins, one loss and three ties.

While Lenarduzzi doesn't expect the game with Toronto to boost ticket sales — saying they're well on their way to hitting the sales mark — he does credit the selection as a booster for national soccer interest.

"It will help to heighten the profile of the sport right across the country."

However, Lenarduzzi admits that despite soccer's good chances of finding its own place in major league sports, overthrowing the nation's top sport is unlikely.

"Nothing will be the new hockey," Lenarduzzi said. "This is a hockey town." KIMIYA SHOKOOHI

First Nations. Languages

▶ Canadian Heritage Minister James Moore at the Museum of Anthropology at the University of B.C. in Vancouver yesterday.

DARRYL DYCK/THE CANADIAN PRESS

Languages initiative renewed

Canadian Heritage Minister James Moore announced a three-year renewal of the Aboriginal Languages Initiative at UBC. He also announced a new funding formula for First Nations languages and funding for 16 language projects.

Man arrested for child porn

A B.C. man accused of taking photos and video of his seven-year-old daughter and sharing them over the Internet faces child pornography charges, the RCMP said yesterday.

The 41-year-old man was arrested in Prince George on Saturday after police executed a search warrant and uncovered hundreds of child pornography files.

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Anti-terrorism sweep nets 12 men in Britain

Pre-dawn raid was a joint operation by spy agency MI5 and police Bust is biggest since April 2009

In the biggest anti-terrorist sweep in Britain in nearly two years, police have arrested a dozen men accused of plotting a large-scale terror attack on targets inside the United Kingdom.

The suspects, who ranged in age from 17 to 28, had been under surveillance for weeks and were believed to have links to Pakistan and Bangladesh, security officials said.

The arrests come amid growing concerns in Europe over terrorism following a suicide bombing in Sweden and reported threats of a terror attack on a European city modelled on the deadly shooting spree in Mumbai, India.

Police swooped in before dawn yesterday in coordinated raids on houses in four cities.

Counterterrorism officials declined to give more details of the latest alleged plot. No details were given as to whether explosives or arms were found, and searches were under way in the homes where the arrests took place.

The arrests were not believed to be part of any planned holiday season attack, said a British security official.

In 2006, U.S. and British intelligence officials thwarted one of the largest plots yet, a plan to explode nearly a dozen trans-Atlantic airliners.

THE ASSOCIATED PRESS

The plot

- Some of the details of a Mumbai-style plot directed at Britain, France or Germany came from Ahmed Siddiqui, a German citizen of Afghan descent who was captured by U.S. troops in Afghanistan in July.
- More than 170 people were killed in the 2008 terror attack in the Indian city of Mumbai.

Sailing. Trial

▶ Turkey's president Abdullah Gul, left, and his counterpart Gurbanguly Berdymukhamedov of Turkmenistan on the MV Savarona yacht in August 2009.

MURAT CETINMUHURDAR/THE ASSOCIATED PRESS

Yacht at heart of trial

Prosecutors claim the MV Savarona yacht played host to sex parties for an international prostitution ring. The alleged ringleaders went on trial yesterday.

Pipeline approval good news to Yukon

Approval of the Mackenzie Gas Project by the National Energy Board is being welcomed by the government in Yukon, which says if the $16.2-billion project goes ahead, it would provide jobs and a portal to ship Yukon gas to market.

Six trillion cubic feet of natural gas locked in the Eagle Plains' basin could find its way to southern markets via a pipeline built alongside the Dempster Highway.

The energy board's decision on the Mackenzie gas project requires federal cabinet's approval.

THE CANADIAN PRESS

3

While construction of the 1,200-kilometre pipeline would be several years away, the board gave Imperial Oil Ltd. three years to make a decision.

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Provinces agree on pooled pensions

But finance ministers want Canada Pension Plan improvements

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Federal Finance Minister Jim Flaherty

Federal Finance Minister Jim Flaherty says the provinces have agreed on a framework for pooled pensions, but talks on whether to revamp the Canada Pension Plan will have to continue.

Flaherty had gone into a meeting of his provincial and territorial counterparts yesterday floating an idea for a new private-sector plan with pooled resources from small firms, employees and the self-employed. Afterwards, Flaherty said finance officials will talk with employees, employers and financial institutions in the next month to make sure the plan meets their needs.

Finance ministers from six provinces had said they were not necessarily opposed to the pooled pension idea, but they also said CPP improvements were necessary to ensure Canadians have adequate income in their retirement. Flaherty said that discussion will continue around the middle of next year.

"What we've always said is we are prepared federally to work on improvements to the Canada Pension Plan as part of our review process, but not implementing anything right now," Flaherty had said before going into the meeting in Kananaskis, Alta.

THE CANADIAN PRESS

Sunny. Surprise

▶ Santa Claus makes the rounds yesterday on the beach in Fort Lauderdale, Fla.

WALTER MICHOT/THE ASSOCIATED PRESS

Hot day for a Santa suit

Vacationing from Canada, Audrey Pilon and Jennafer Sikorski receive candy canes from Santa and his elves in sunny Fort Lauderdale, Fla., yesterday.

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ALESSANDRA TARANTINO/GETTY IMAGES

▶ Pope Benedict XVI delivers a Christmas greeting at the Vatican yesterday.

Pope blames society for abuse of kids

Catholic leader says sex scandals humiliated the church Calls for more help for victims

Pope Benedict XVI told Vatican officials yesterday that they must reflect on the church's culpability in its child sex-abuse scandal, but he also blamed a secular society in which he said the mistreatment of children was frighteningly common.

In his traditional, end-of-the-year speech to Vatican cardinals and bishops, Benedict said revelations of abuse in 2010 reached "an unimaginable dimension" that required the church to accept the "humiliation" as a call for renewal.

"We must ask ourselves what was wrong in our proclamation, in our whole way of living the Christian life, to allow such a thing to happen," the Pope said.

Scandal

Victims The sex-abuse scandal erupted on a global scale this year with revelations of thousands of victims in Europe and beyond, of bishops who covered up for pedophile priests and of Vatican officials who turned a blind eye to the crimes.

Benedict also said, however, that the scandal must be seen in a broader social context, in which child pornography is seemingly considered normal by society and sexual tourism is on the rise.

"The psychological destruction of children is a terrifying sign of the times," Benedict said.

The traditional Christmas speech to Vatican cardinals and bishops is an eagerly anticipated address that Benedict uses to focus the church hierarchy on key issues.

THE ASSOCIATED PRESS

U.S. JUSTICE

Teacher sentenced in sex case

A man who taught English in Cambodia was sentenced yesterday to nearly nine years in federal prison for travelling abroad to have sex with a 14-year-old girl, in what a judge called one of the most disgusting cases that has come before him.

Michael Dodd, 61, pleaded guilty under a plea agreement in September to travelling to Cambodia to engage in sex with a minor.

Dodd was convicted in a Cambodian court of sexually abusing the girl, and was sentenced to 10 years in prison, but served 16 months, authorities said. He was extradited to the U.S. in February where he was prosecuted under a federal law that outlaws child sex tourism even if the crimes were committed in other nations.

Dodd claims he had plans to marry the 14-year-old.

THE ASSOCIATED PRESS

NDP wants all Douglas files out

Saskatchewan New Democrats are concerned that Ottawa may not release all of the decades-old intelligence on socialist icon Tommy Douglas.

Only 456 heavily censored pages from the 1,142-page dossier have been made public.

The federal government is now promising to release more material by March 31.

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ENCYCLOPEDIA OF SIGNATURE DRINKS

She says ...

JESSICA NAPIER

'Tis the season to get a bit festive, and if your family is anything like mine, "festive" means, well ... drunk.

What can I say; we all get a little too merry around the holidays. With so many libations to overindulge in, it's good to remind yourself what your cocktail of choice says about your personality. After all, you are what you drink.

Wine: You're mature and sophisticated, or at least you want people to think you are. You carry on pseudo-intellectual conversations and roll your eyes at people who mispronounce Gewürztraminer.

Domestic beer: You're a Canadian.

Imported beer: You're a Canadian who went to Europe for a couple of weeks.

Cosmopolitan: You think your drink is super cute and it totally matches your shoes and, oh my God, you're such a Carrie, no wait — you're totally a Samantha.

Red Bull and vodka: You are three months away from a full-blown cocaine addiction — or a heart attack.

Screwdriver: This is your first time at a bar and you saw someone on TV order this drink once.

Whisky: You're sporting a non-ironic moustache and own a diverse collection of sweater vests.

Shots: The drink of choice of the young, single and desperate to get laid.

Malt liquor: You drive a pick-up truck and have no taste buds.

Martini: You're a relatively experienced drinker that doesn't mind sitting alone at the bar because your Bluetooth headset makes you feel important. On the other hand, you might be James Bond.

Pimms: You enjoy polo shirts, tennis and speaking in a fake British accent.

Caesar: You haven't stopped drinking since the night before and are wondering why on Earth those lights are so f--ing bright.

Rum: Ahoy there!

Jägermeister: You are younger than 22 and intend on making some terrible life decisions before the end of the night.

Champagne: Two words, high maintenance.

Hard lemonade: Your older brother just bought you and your friends a four-pack of fluorescent-coloured alcho-pops that you think are just so badass. Don't worry; your high school party will have plenty of bushes for you to puke in.

Sherry: Ah, Frasier Crane — how nice of you to join us.

Piña colada: You'd rather be at the beach or gettin' caught in the rain.

A bottle of premium liquor: You routinely spend half of your paycheque on bottle service at pretentious nightclubs in the hopes of luring drunken party-goers into your booth.

Tequila: TEQUILA!

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

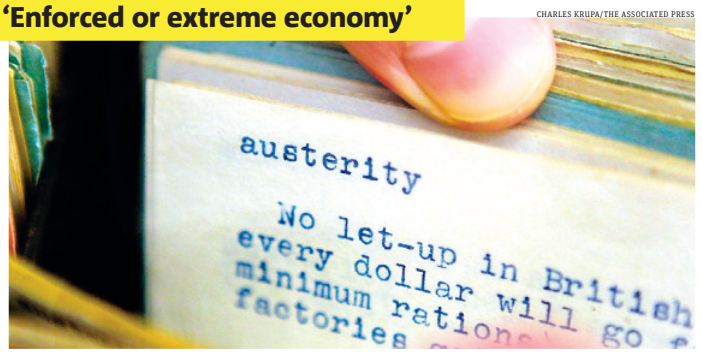
MICHAEL DE ADDER

Crisis spawns top word

Worth mentioning

'Enforced or extreme economy'

CHARLES KRUPA/THE ASSOCIATED PRESS



As Greece faced a debt crisis, the government passed a series of strict austerity measures, including tax hikes and public-sector pay cuts.

The move provoked a rush to online dictionaries from those searching for a definition.

Austerity, the 14th-century noun defined as "the quality or state of being austere" and "enforced or extreme economy," set off enough searches that Merriam-Webster named it as its Word Of The Year for 2010, the dictionary's editors announced yesterday.

John Morse, president and publisher of the Springfield, Mass.-based dictionary, said "austerity" saw more than 250,000 searches on the dictionary's free online tool and came with more coverage of the debt crisis.

Runners-up announced yesterday included "pragmatic," "moratorium," "socialism," and "bigot" — the last word resulted from public uses by former British prime minister Gordon Brown, former CNN host Rick Sanchez and former NPR senior analyst Juan Williams.

Also making the top-10 list was the word "doppelganger," while others on this year's list included "shellacking," "ebullient," "dissident," and "furtive."

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Metro Minute at lantern festival

How will you spend the longest night of the year? The Winter Solstice Lantern Festival is a unique event that celebrates nature's annual rhythms.

It takes place tonight off Commercial Drive, Yaletown, Granville Island, Southeast Flase Creek and Chinatown. All the festivals start with lantern parades through the streets at 6 p.m. and continue with live music, dancing, drumming and more. A labyrinth of light with more than 700 pure beeswax candles will fascinate all viewers and fill them with peace of mind. If you don't have your lanterns, don't worry. There are still workshops to make your own. Visit secretlantern.org for more.

AYAKA KAWAI

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▶ A labyrinth of light in Coal Harbour.

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Facebook CEO networking on China trip?

China censors Internet content it deems politically sensitive and blocks many sites, including Facebook

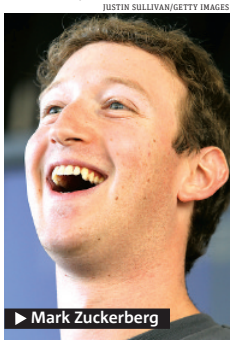
Facebook CEO Mark Zuckerberg toured the offices of China's top search engine yesterday during a visit that has sparked speculation the social networking magnate is looking for business opportunities in the world's largest Internet market.

Facebook is blocked on the mainland, but Zuckerberg has expressed a business interest in China and has studied Mandarin.

Photos of Zuckerberg's visit to Baidu Inc. were quickly posted online.

Kaiser Kuo, Baidu's director of international communications, told The Associated Press that Zuckerberg had lunch with Baidu CEO Robin Li. He said he didn't know what they talked about but added that the two had met before.

JUSTIN SULLIVAN/GETTY IMAGES



▶ Mark Zuckerberg

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 4 P.M. YESTERDAY

TSX	Dollar
– 8.18 (13,193.28)	– 0.35¢ ($98.39¢ US)

Oil	Natural gas 1,000 cu ft
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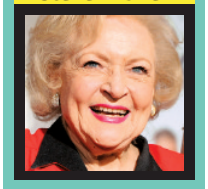
2 scene

Scene in brief



What Betty White did in 2010 doesn't usually happen. An 88-year-old actress with more than six decades in Hollywood suddenly became the object of adulation of the masses, which campaigned for her to host Saturday Night Live, boosting the show's ratings and helping her set ratings records for her own show.

After a year remarkable for a star of any age, White has been voted the Entertainer of the Year by members of The Associated Press. "It's ridiculous," White says of the honour, in an interview. "They haven't caught on to me, and I hope they never do."

There were 102 ballots submitted from U.S. news organizations that make up the AP's membership. Voters were asked to cast their ballots for who had the most influence on the entertainment world and culture in 2010. Previous winners include Taylor Swift, Tina Fey and Stephen Colbert.

THE ASSOCIATED PRESS

Teen star Hailee Steinfeld shows new 'Grit' in debut role with Coens, Bridges, Damon. Learn how to scan on page 3.

Coens on True Grit: 'It's not a western'

Joel and Ethan Coen subvert expectations again with their latest But the directorial duo insist the western isn't like most westerns How could it be, coming from them?

NED EHRBAR
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GETTY IMAGES

Director Ethan Coen, actor Jeff Bridges and director Joel Coen attend the premiere of True Grit in New York City.

In discussing their new film, True Grit, Joel and Ethan Coen are clear about one thing: They have zero interest in talking about the 1969 John Wayne film that was also based on Charles Portis' novel, about a tough 14-year-old girl who enlists a grizzled U.S. marshal and a Texas ranger to track down her father's killer.

"I don't think any of us thought about much of anything in this with reference to the first movie," Ethan says. "We had seen the movie when it came out, but we were kids then."

Instead, the brothers looked to Portis' 1968 book, which focused more on young Mattie Ross (played by newcomer Hailee Steinfeld) than the first film adaptation.

And while the Coen brothers' eclectic career has covered a slew of genres, they've never done a traditional western before — and they'd argue that they still haven't.

"I don't think we thought about it as a genre movie so much," Ethan says. "It is a western inarguably — you know, there are guys with six-guns on horses. But it's not a western in that sense, and really we were thinking about the story, we were thinking about the novel more than doing a western, per se."

To find the right teenager to go toe-to-toe with Jeff Bridges' marshal and Matt Damon's ranger, they set out on a nationwide search — not that they really needed to.

"If we'd only known. Hailee's from Thousand Oaks," Ethan says with a laugh. "We looked all over the country. There were two casting people that spent basically 18 months going everywhere, just everywhere, seeing thousands of girls — and they could have stayed in L.A."

According to the Coens, what made Steinfeld stand out was her ability to wrap her mouth around the script's peculiar dialogue.

"Ninety-nine-point-nine percent of the hundreds or thousands of girls who read for this part washed out at the level of not being able to do the language, and that was something which was never an issue with Hailee," Joel says.

"Right from the beginning it was clear that she was completely comfortable with the language."

Though a distinct dialogue style might seem like a hallmark of the Coen brothers, much of the flowery lines of True Grit actually came from the source material.

"The kind of formality of it and the floweriness of it is just from the book," says Ethan. "That was the first thing Jeff mentioned, noticed and liked — the kind of foreign-sounding nature of the dialogue and the lack of contractions. We just lifted it from the book."

The Coen brothers, on location

There was one area where the Coen brothers didn't stay faithful to Charles Portis' novel. While the action in True Grit takes place in Arkansas and Oklahoma, the brothers filmed in New Mexico — partly for the weather and partly because of audience expectations, they admit.

"That's one thing that's not faithful to the novel," Ethan says. "I mean, the landscape is a total cheat. But you know, we kind of thought people will think it's a western, and some things you just can't mess with. People want that."

Joel agrees: "The whole pictorial idea of the movie would have been much different in a place like Arkansas," he says.

And there was the weather to consider. "We knew we wanted to have snow in the movie," Joel says.

"The trick was snow but not too much snow, and we weren't sure we were reliably going to get any snow at that time of year in Arkansas," Joel says.

Shania Twain

Party for two: Twain engaged

Singer has new TV show, Why Not? With Shania Twain, in the works for Oprah Winfrey's OWN network Plans to release memoirs next year

Shania Twain has found love again. The Timmins, Ont., native is planning to marry Swiss businessman Frederic Thiebaud, according to US Weekly.

A Twain representative tells the magazine the 45-year-old country superstar became engaged about two months ago.

Thiebaud is the ex-husband of Twain's former friend Marie-Anne Thiebaud — the woman who allegedly came between Twain and her first husband, Robert (Mutt) Lange. Twain and Lange finalized their divorce earlier this year.

Twain wrote about Thiebaud on her website last August. "A dear friend and true gentleman by the name of Fred, has been the most constant companion of support for both Eja and me, and having gone through the suffering of his family splitting apart at the same time under the same extreme circumstances, he understood me better than anyone," she wrote. "We've become stronger and closer through it all, as have our children Eja and (Thiebaud's daughter) Johanna." THE CANADIAN PRESS

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DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Town brings the heat

The Town
Genre: Thriller
Director: Ben Affleck
Stars: Ben Affleck, Rebecca Hall and Jon Hamm
●●●●

No sophomore slump for Ben Affleck.

The actor turned director follows his acclaimed helming debut Gone Baby Gone with quality pulp about the Charlestown neighbourhood of his Boston hometown, where bank robbers thrive.

Affleck is Doug MacRay, leader of a brazen band of heisters who members include loose-cannon pal James (Jeremy Renner), a guy with both pluses and minuses.

They know how to knock off a bank, wearing Halloween masks for combo cover and shock value, but how do they storm the fortress of the heart? Doug gets distracted by the charms of Claire (Rebecca Hall), who begins as a hostage but becomes a very interested party.

Also hot in the hunt is FBI flatfoot Adam Frawley (Jon Hamm) who is tired of Charlestown's rep as America's favourite hold-up hood.

The Town is richly textured picture of strong characters and brisk action, the latter including what may be the year's best car chase.

Extras include director's commentary, extended cut, and a featurette called Ben's Boston, where Affleck reveals the reality behind his tale. ● PETER HOWELL

A blurry sequel

Wall Street: Money Never Sleeps
Genre: Drama
Director: Oliver Stone
Stars: Shia LaBeouf, Michael Douglas and Carey Mulligan
●●●

In this belated sequel to the epochal 1980s drama, greed is no longer good — and it's not much fun, either.

Oliver Stone's film is as firmly in tune with the headlines as his original Wall Street was 23 years ago. The first film examined the capitalistic excesses of the 1980s, where firms were smashed for sport as much as for profit. The sequel takes place during the global economic meltdown of the fall of 2008.

The difference between now and then is that Stone seems far less certain about what he wants to say, and he's a lot less amusing in how he says it. The clearly defined biblical contest of the first film has been replaced by a blurry battle of pygmies.

Michael Douglas' rapacious trader Gordon Gekko is back, emerging from eight years in prison for financial crimes committed in the first film. He's a lonely man, whose daughter Winnie (Carey Mulligan) refuses to see him, but he's not a broken one.

He's busily hustling his memoirs, and looking to score big dough again, thanks in part to the hustle of Shia LaBeouf's Jake Moore, a young corporate trader ripe for the taking. Problem: Jake is involved with Winnie.

LaBeouf is the movie's dramatic centre. At 24, he's one of America's best young actors, especially when he gets the right role, as he has here. The story often flags, but he never does.

Extras include a director's commentary, a conversation with Stone and his cast, plus featurettes about the real Wall Street.

● PETER HOWELL

THE BEST ALBUMS OF 2010

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

Congrats, you made it through 2010. But while the year is over, many of the records that were released over the past 12 months will live on well into 2011 and beyond.

Without further adieu here are the best four discs of the year:

The Black Keys — Brothers
Am I the only one that can't stop playing this record? The Danger Mouse produced disc is full of bluesy beats and fuzzy indie-rock charm; opener Everlasting love, with its soulful downbeat is, hands down, one of the best songs of the year. Other standouts include the R&B-tinged The Only One and the Zeppelin-meets-White Stripes rocker Next Girl.

Arcade Fire — Suburbs
Montreal's Arcade Fire continues to astound critics and fans with another brilliant collection of moody rock 'n' roll. While the group has toned down some of their over-the-top instrumentation, they can still combine sounds better than most. There's a lot to like here, but the Neil Young-esque rocker Month of May is one of my favourites.

Yeasayer — Odd Blood
A lot of albums have come out since Yeasayer's disc was released in February, but this electro pop gem still stands up. Their second disc is incredibly infectious, while it's complex harmonies and layered instrumentations keep things interesting after multiple listens. The upbeat Ambling Alp is a brilliant 80s pop throwback.

MGMT — Congratulations
The reaction to MGMT's second record has been mixed, and it's easy to see why. The duo rose to fame on Oracular Spectacular's catchy radio-friendly pop, but they've pulled a 180 here, turning to more subdued, psychedelic sounds. However, it's still a fantastic rock record, showing a more mature band that's willing to take risks. Check out Someone's Missing, a richly layered Flaming Lips-ish number and you'll see what I mean.

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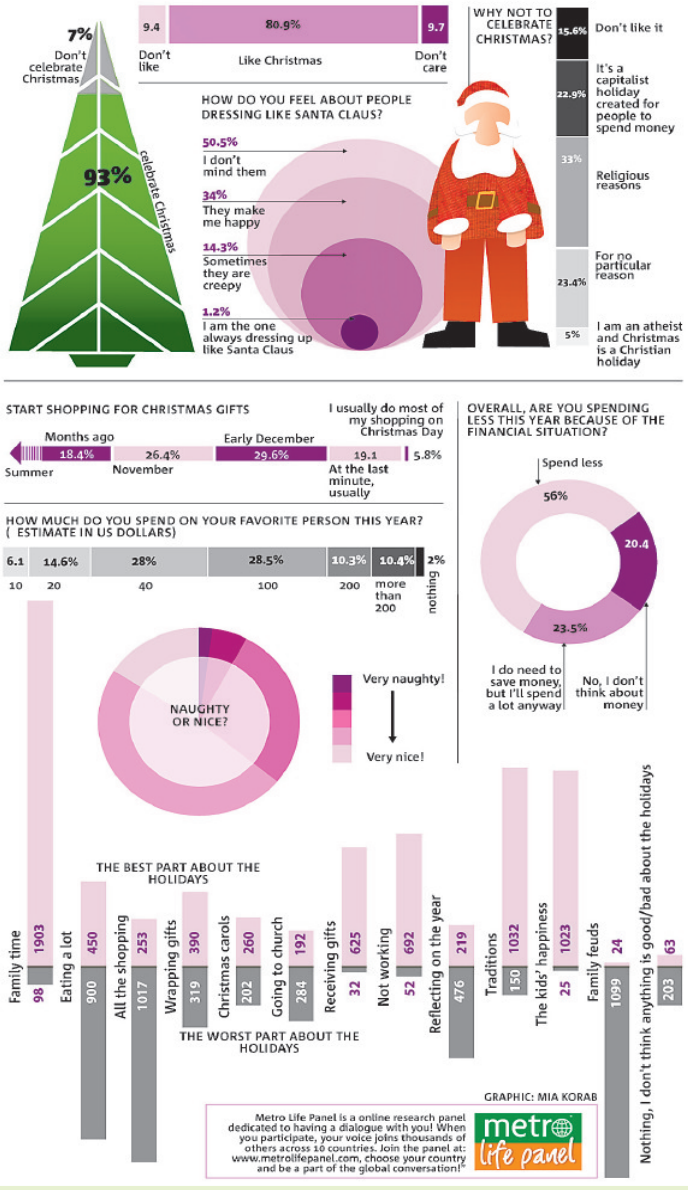
The 2010 Christmas reader poll results

We asked thousands of Metro readers how they felt about the holidays See who's been naughty or nice



Paris revs up motorcycling team

Paris Hilton will now be hanging with bikers.

The hotel chain heiress who draws photographers wherever she goes will have her own team on the world motorcycling championship circuit.

The SupermartXe VIP by Paris Hilton team was unveiled by her in Madrid. It will compete in the 125cc category from 2011 to 2013. Hilton has agreed to attend at least five races next season.

PAUL WHITE/THE ASSOCIATED PRESS

"I can't believe I have my own racing team! So cool! :)" Hilton posted on Twitter while at the launch.

Hilton wore a low-cut, pink and white, rhinestone-studded racing suit. Team riders Sergio Gadea and Maverick Vinales are expected to wear more reserved outfits.

The team colours are pink, white and blue.

THE ASSOCIATED PRESS

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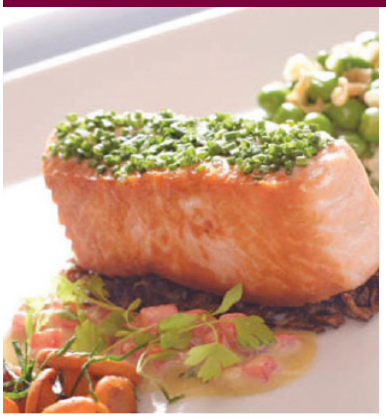
Vancouver's celebration of food and BC wine. January 24 to February 6, 2011



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Ever wish you could cook like a pro? Here's your chance to learn from one. Back again for 2011, enjoy any number of these culinary classes, demos and market tours with The Dirty Apron Cooking School, Quince and The Pacific Institute of Culinary Arts.

Secret Supper Soirée
Jan 14, 15, 28, 29 and Feb 4, 5

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Feb 10

Kronenbourg 1664 presents Brasserie Mystère – an exclusive dining experience prepared by a renowned chef, in a secret location, featuring an exceptional meal paired and enjoyed with Kronenbourg 1664. Discover a dining experience as exclusive as the beer. Kronenbourg 1664 is a Proud Supporting Sponsor of Dine Out Vancouver 2011.

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Jan 27, 28 and Feb 4

Three epic dinner theatre pairings! The Arts Club Theatre Company and The PuSh International Performing Arts Festival pair two stellar shows with equally delicious meals at Cru, Red Door Pan Asian Grill and The Irish Heather Gastropub.

Dinner in the Dark
Feb 5

Do you dare? Culinary Capers Catering and Laughing Stock Winery present this sensory dining experience. Chef de Cuisine Jonathan Chovancek prepares a tantalizing eight course mystery dinner paired with wines and served at communal tables in the middle of their commercial kitchen. Blindfold included.

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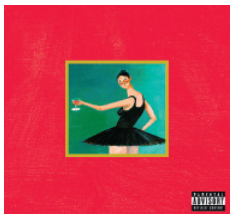
Monae, West top list of 2010's best albums

GETTY IMAGES



▶ Above: Taylor Swift. At left: Kanye West's My Beautiful Dark Twisted Fantasy.

1. Janelle Monae, ArchAndroid
Monae's ArchAndroid was a pure dreamland that wove in Walt Disney influences, Fela and James Brown-inspired beats, Outkast-style rhymes and Beatle-esque melodies for a heavenly, spectacular debut that envelops you completely in her fantasy world.

2. Kanye West, My Beautiful Dark Twisted Fantasy
It's typical for artists who feel persecuted in the press to spill out their anger, frustration and pity in song. Thankfully, West's stunning fifth album doesn't go down that road. Instead, he brilliantly owns up to his dysfunction, acknowledging his flaws through (mostly) flawless tracks, gripping in their honesty and riveting in their musicality. Kanye can get away with being a jerk, as long as he makes music this amazing.

3. Eminem, Recovery
There are elements of Slim Shady, but what makes Recovery so commanding is hearing Marshall Mathers confront his demons with brutal honesty — and, of course, warped wit — on an album that restored his reputation as one of rap's all-time greats.

4. Sia, We Are Born
When word came that Sia was going to put out a dance album, there was every reason to fear that the serious songbird was taking an ill-advised jump on the Lady Gaga bandwagon. But Sia charts her own path with We Are Born, an album filled with infectious grooves, and it keeps you engaged even when the tempo slows.

5. R. Kelly, Love Letter
No midgets, no booty calls, no sex in the kitchen. R. Kelly trades perversion for perfection on the old-school throwback "Love Letter" — classy and classic.

6. Taylor Swift, Speak Now
Swift gets a lot of attention for her read-between-the-lines tomes, but after the guessing game stops (is this one about John Mayer? Is that one about Taylor Lautner?), what remains are terrific, compelling songs with rich plot lines that will stay with you long after the gossip fades.

7. Sade, Soldier of Love
Sade's music is so reliable in its greatness that sometimes people — say, Grammy voters — forget how much work it takes to be so good. Always alluring, always enchanting, always sensuous, Sade — with her first album in 10 years — returns with an exquisite collection of entrancing songs.

8. Corinne Bailey Rae, The Sea
Rae channeled her grief over the untimely death of her husband into The Sea, but what developed is an album that's wistful and peppered with optimism in the face of despair.

9. Ray LaMontagne and the Pariah Dogs, God Willin' & The Creek Don't Rise
Ray LaMontagne has been known for his masterful songwriting for some time, but on "God Willin' & The Creek Don't Rise" — a sometimes morose, heartbreaking collection of despairing tracks — his lyrical gifts are perhaps at its best.

10. Gorillaz, Plastic Beach
The cartoon gimmick may have lost its edge, but the Gorillaz haven't: Plastic Beach blends hip-hop, funk, rock and electronica for spacey party grooves.

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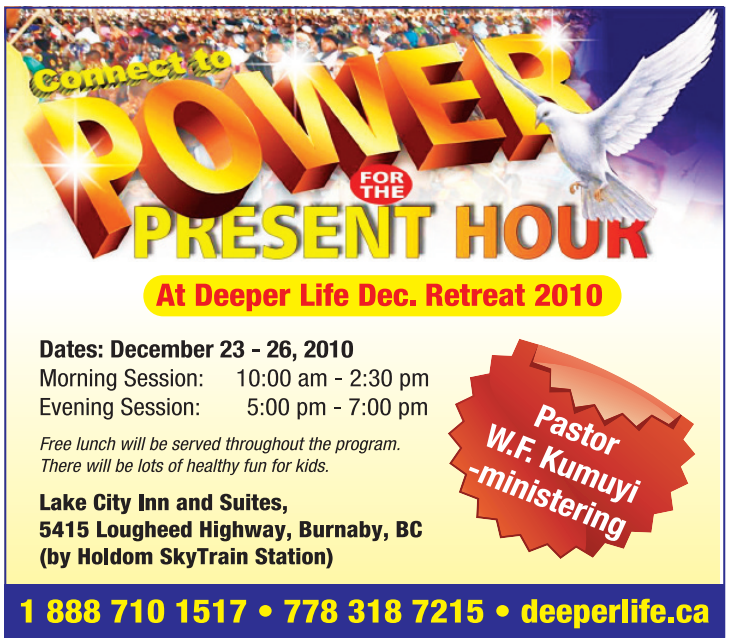

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▶ Katy Perry

Looking for the perfect mix tape for 2010? These 10 songs are among the year's most entertaining

1. "When a Woman Loves," R. Kelly
An absolutely stunning love song with a pitch-perfect vocal performance that will send chills down your spine — for the right reasons.

2. "F--k You," Cee Lo
This phrase might not be so offensive if everyone delivered it as cheerily and soulfully as Cee Lo, in perhaps the year's wittiest track.

3. "Love the Way You Lie," Eminem feat. Rihanna
The song grabs you from the start of Rihanna's piercing vocal, and Eminem's tormented raps may be one of the more honest portrayals of love gone horribly wrong.

4. "Runaway," Kanye West
Let's toast indeed, to West's continued warped brilliance with a song that sarcastically pays tribute to his well-documented flaws.

5. "Tightrope," Janelle Monae feat. Big Boi
James Brown would be proud with this frenetic dance groove with killer horns and the coolest of raps from the ever-cool Big Boi.

6. "Soldier of Love" Sade
The opening drum salvo is captivating enough, but when Sade's alto croons, "I've lost the use of my heart, but I'm still alive," it's a haunting yet intoxicating delivery that seals the deal.

▶ Rihanna and Eminem in the Love The Way You Lie video.

7. "The Best in Me," Marvin Sapp
Sapp's gospel anthem celebrates God's ability to see past the imperfections mere mortals can't.

8. "Billionaire," Travie McCoy feat. Bruno Mars
This fantasy-filled song was the perfect anthem in a year where most of us were holding on to our wallets a little tighter. It was perhaps the best cameo from the smooth-voiced Bruno Mars.

9. "Teenage Dream," Katy Perry
It's frothy and poppy, but don't let that hide the fact that "Teenage Dream" is just a great song, period.

10. "Bed Intruder Song" Antoine Dodson & The Gregory Brothers
Don't play — you know "Hide Yo Kids, Hide Yo Wife" is ingrained in your brain, thanks to the Gregory Brothers ingenious mashup song that took Antoine Dodson from viral sensation to musical sensation. Run and tell that!

▶ Cee Lo

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Gaga 'furious and devastated'

Singer stopped by the snow in France

JEMAL COUNTESS/GETTY IMAGES

Lady Gaga

Lady Gaga isn't having the best time in France. The singer returned to Paris to perform make-up dates for October shows that had been cancelled, only to get stopped by the weather, according to Popeater. Because of snow, authorities wouldn't let her trucks into the city. Sunday night's show was rescheduled for tonight.

"All 28 of my trucks for the Monsterball were detained by the French government going on over 26 [hours]," Gaga posted to Twitter. "[Two] of my employees were arrested trying to get into Paris so we could perform. I am furious and devastated. It's unfair to my fans and to me." METRO

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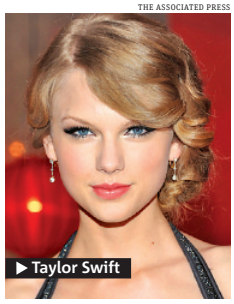

Taylor Swift

Did Gwyneth introduce Jake and Taylor Swift?

Reports came out recently that Jake Gyllenhaal and new girlfriend Taylor Swift had been introduced during a dinner at Gwyneth Paltrow and Chris Martin's London home, but Paltrow is completely caught off-guard by the story.

"Where is this coming from?" she asks USA Today when asked if the stories are true.

"Well, I'm scared to say. It's so weird. I wonder how people find out these things. It was a while ago, so I don't know why it would come out today." METRO

Celebrity tweets

Neil Patrick Harris [@ActuallyNPH] My favorite holiday song: 12 Days of Christmas, by the Muppets. Why: Beaker singing 'Mee Mee Mee Mee Mee Mee!' slays me

Stephen Colbert [@StephenAtHome] I'm on break! And the fact that I'm tweeting about it may be the first sign of my Twitter addiction

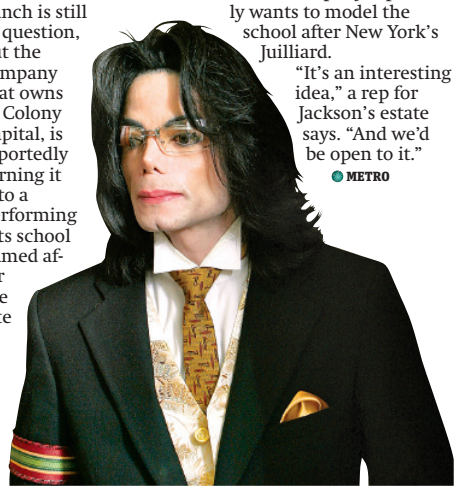
Amy Winehouse [@amyjademermaid] can't find me bleedin notebooks — theyve done a runsies METRO

Neverland Ranch to become a school?

The future of Michael Jackson's famed Neverland Ranch is still in question, but the company that owns it, Colony Capital, is reportedly turning it into a performing arts school named after the late singer, according to TMZ.

The company reportedly wants to model the school after New York's Juilliard.

"It's an interesting idea," a rep for Jackson's estate says. "And we'd be open to it." METRO



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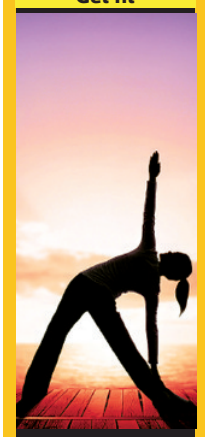
Get fit



There are some things you can do to minimize your risk of developing breast cancer. Of course, some factors you cannot change, such as your age, your family history, and your reproductive history. Here are factors you can do something about:

- Lost excess weight
- Quit smoking
- Exercise regularly
- Limit your alcohol intake
- Breastfeed your baby
- Avoid unnecessary exposure to chemicals.

CELIA MILNE

Hospital report: progress in reducing death rates, some surgeries unneeded

What's the harm?

Statistics in Canada and the U.S. suggest women should be going in for free mammograms more often ◆ Experts looking at why they choose not to ◆ Read on for why you should get one

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTO

▶ Experts suggest that one reason why women don't get mammograms more often is that they are confused about the procedure.

Women are not going for "free" mammograms as often as they should – and could – be.

A new study in the U.S. has found only 50 to 60 per cent of women who should be going for regular mammography tests actually do.

And cost certainly is not the issue: All of the 1.5 million women in the study had health insurance, and here in Canada, it's covered.

Mammography as recommended "can reduce your risk of dying from breast cancer," says Dr. Gillian Bromfield, senior manager of cancer control policy at the Canadian Cancer Society.

The Society recommends all women between the ages of 50 and 69 get regular mammograms once every two years. So how does Canada compare with the U.S?

When surveyed, 72 per cent of Canadian women in this age group say they are getting them done.

"That is pretty good," says Bromfield, though she added, "It might not be quite that high. Women are more likely to give the expected answer, or they don't realize it's been more than a couple of years since their last mammogram."

"It is proven to save lives. That's an important message. There's a lot of misunderstanding about that."
DR. GILLIAN BROMFIELD, CANADIAN CANCER SOCIETY

Ideally, she says, all women should follow the recommendations.

If you are in your 40s, it is recommended that you talk to your doctor about your benefits and risks of mammography.

If you decide to get mammography, there is some evidence you should get it done annually, says Bromfield.

In any age group, if a doctor refers you for a mammogram because of symptoms or a family history, the public health system covers the cost.

"It is proven to save lives. That's an important message. There's a lot of misunderstanding about that," says Bromfield.

In the U.S. study, authors said that reasons for the lower than expected rates might be fear of the procedure and confusion about guidelines.

Statistics

Breast cancer by numbers

- Number of women in Canada expected to develop breast cancer this year: 23,200
- Number of men in Canada expected to develop breast cancer this year: 180
- Percentage of women with breast cancer who survive more than five years: 87
- Number of deaths expected this year: 5,300

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Fight the holiday hangover

Our experts tell you how to enjoy overindulging while remaining clean and clear Step one is to enjoy the party, with some preparation beforehand Afterward, prepare to detox and keep fit for the rest of the break

Meet the experts, here to help like healthy, fitness-obsessed elves.
CL and JB: Carlos Leon and Jeff Bell, founders of the Belleon training program
RB: Ramona Braganza, celebrity fitness trainer
TA: Tracy Anderson, celebrity fitness trainer

CA: Christina Agnew, nutritionist and founder of rawfairies.com
MK: Michele Kingston, nutritionist

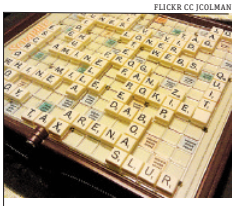
PARTY TIME

- Having a nap before going out is a good slimming tip — we tend to eat more when we're tired. **CA**
- Alternate each alcoholic drink with a glass of mineral water topped with fresh lime to limit your alcoholic intake and stay hydrated. **CA**
- Munch on raw vegetable crudités but go easy on the dips, where the calories hide. Chew your food thoroughly and slowly to avoid overeating. **CA**
- To drop a size in record time, can be done simply by eating clean foods, whole foods, raw and organic foods, and by creating a work-out that gives you maximum results in the shortest amount of time. Be sure to find out what whole body exercises will move you toward your goal. The other thing is to just get up and do it! **CL & JB**

FIGHT THE FLU

- Boost your immune system by eating fruit and vegetables rich in vitamin C and bioflavonoids such as berries, peppers and guava. **MK**
- Eat garlic and onions for their antibacterial and antiseptic properties. **MK**

- Exercise works your cardiovascular and builds your immune system. It strengthens and helps to fight off bacteria and infection easier. **CL & JB**
- Avoid foods containing sugar and refined carbohydrates as they weaken the immune system. **MK**


FLICKR CC JCOLMAN

KEEP FIT

- A slow walk will aid digestion, so get up and go for a stroll after lunch. **RB**
- Stretch your brain in a game of Scrabble or watch a fun Christmas film. If you want a nap after dinner sleep in an upright chair rather than lying flat as this could cause indigestion. **MK**
- To keep your energy up, avoid starchy, sugary foods or keep them to a minimum. **CL & JB**

DETOXING

- Sip dandelion root tea throughout the day and stay away from coffee and black tea, as these cause dehydration. **MK**
- Drink a mug of fennel tea before going out. It's an appetite suppressant. **RB**
- If you grab a square of chocolate (sugar), grab a handful of nuts (protein) to fill you up and balance blood sugar. **MK**

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Holiday alternatives

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

After taking a straw poll of friends, family and strangers on the Internet, it looks like many of you may not be having turkey or ham for dinner on Christmas day.

This rebellion against tradition is cool because it means that there will be lots of different bottles on holiday tables this season.

Boiled lobster is high on the list of alternative mains (especially in Atlantic Canada). A crisp sauvignon blanc from New Zealand or bright, fruit-forward chardonnay from the New World would be an ideal match.

If you're going for a Charles Dickens vibe, goose could be on the menu. Surprisingly adaptable, it's a great partner for a red French Bordeaux, a Spanish Tempranillo or a chewy Aussie shiraz.

Since I love roast beef, it's a guarantee the Rockwells will serve it at least once before the year ends.

Though also quite open to liquid partners, a spicy malbec from Argentina or a California zinfandel would make a perfect union.

Another choice is a New World cabernet with Errazuriz's 2008 Max Reserva Cabernet Sauvignon ($17.95 - $18.99) from Chile, which offers plenty of dense black currant fruit, rich tannins and a lingering dark chocolate finish.

Have a safe and happy holiday!

Prices reflect the range across the country. Some products may not be available in all provinces.

Spicy apple scones

THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients:

- 500 ml (2 cups) all-purpose flour
- 50 ml (1/4 cup) granulated sugar
- 30 ml (2 tbsp) baking powder
- 5 ml (1 tsp) cinnamon
- 1 ml (1/4 tsp) salt
- 125 ml (1/2 cup) cold butter, cut into pieces
- 550 ml (2 1/4 cups) diced apples, peeled if desired (3 medium McIntosh or Cortland apples)
- 125 ml (1/2 cup) chopped walnuts
- 175 ml (3/4 cup) sour cream
- 1 egg

Topping

- 15 ml (1 tbsp) granulated sugar
- 2 ml (1/2 tsp) cinnamon

Make up a batch or two of these moist, spicy scones for holiday guests.

They are delicious served with honey, cream cheese or a slather of creamy maple butter along with a mug of hot cider.

Preparation:

1. In a large bowl, combine flour, sugar, baking powder, cinnamon and salt. Cut in butter with pastry blender or 2 knives until mixture is crumbly. Stir in apples and walnuts.
2. In a small bowl, using a fork, stir sour cream and egg until well mixed. Stir into flour mixture to form smooth, soft dough. Turn out onto lightly floured surface; knead 8 times. Shape into 23-cm (9-inch) circle.
3. **Topping**: In cup, mix sugar with cinnamon; sprinkle evenly on top. Cut into 12 equal wedges. Arrange wedges 2.5 cm (1 inch) apart on parchment paper-lined or lightly greased baking sheet.
4. Bake in a 200 C (400 F) oven for 20 to 25 minutes or until puffed and golden brown. Serve warm. The recipe makes 12 spicy apple scones.

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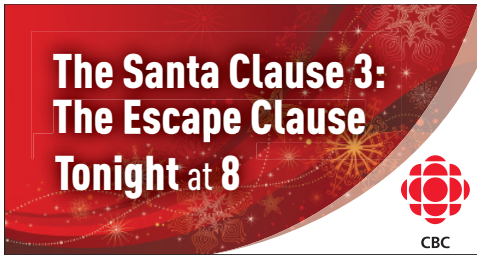

Satay the calories out of holiday hors d'oeuvres

ROSE REISMAN
LIFE@METRONEWS.CA

Beef Hoisin Meatballs

These are perfect hors d'oeuvre for a dinner party. Meatballs are usually made from regular ground meat, which has three times the fat and calories of extra-lean.
My version compensates for the fat with a hoisin sauce. The red currant jelly adds a tart-sweet flavour and gives the sauce the thickness it requires.

Ingredients:
- 8 oz extra-lean ground beef
- 3 tbsp dry breadcrumbs
- 2 tbsp hoisin sauce
- 1 tsp crushed garlic
- 1 egg
- 2 tbsp minced green onion
- 1/3 cup hoisin sauce
- 1/3 cup red currant jelly
- 1 tsp crushed garlic
- ½ tsp minced fresh ginger
- 2 tbsp water
- tbsp chopped green onion
- 2 tbsp chopped fresh cilantro or parsley

Preparation:

1. For the meatballs, combine the beef, breadcrumbs, hoisin sauce, garlic, egg and onion. Form into 20 to 24 small meatballs about 1 inch in diameter.
2. Spray a large non-stick skillet with cooking oil and add the meatballs. Cook over medium-high heat for 3 minutes, turning until browned on all sides
3. For the sauce, combine the hoisin sauce, jelly, garlic, ginger and water in a small bowl.
4. Add to the meatballs and stir well. Cover and simmer on low heat for 10 minutes. Serve garnished with the green onions and cilantro.

Per serving: Calories 150 • Protein 8.1 g • Carbohydrates 19.2 g • fibre 0.6 g • Total fat 4.2 g • Saturated fat 1.5 g • Cholesterol 52 mg • Sodium 321 mg • prep time 15 minutes • cook time 13 minutes

Shrimp Skewers with Hoisin-Apricot Sauce

The combination of shrimp, hoisin and apricot flavours is wonderful. This would also be delicious with scallops or thin strips of boneless chicken breast

Ingredients:
- 16 medium shrimp (about 12 oz), peeled and deveined
- 16 wooden skewers
- 1/4 cup apricot jam
- 1 tbsp oyster sauce
- 3 tbsp hoisin sauce
- 3 tbsp chopped fresh basil

Preparation:

1. Threat shrimp on skewers.
2. Combine the apricot jam, oyster and hoisin sauce in a small bowl. Set aside half of the sauce. Brush the other half over the shrimp.
3. In a skillet lightly coated with cooking spray, sauté the shrimp, just until they are no longer pink, about 5 minutes. Serve with the remaining sauce and garnish with basil.

Per serving (1 skewer): Calories 35 • Protein 4 g • Carbohydrates 5 g • fibre 0.1 g • Total fat 0.3 g • Saturated fat 0.1 g • Cholesterol 32 mg • Sodium 94 mg • prep time 15 minutes • cook time 5 minutes

Chicken satays with peanut coconut sauce

These satays can be served as an appetizer or a main course. Use natural peanut butter to avoid trans fats and sugar.

Ingredients:
- 12 oz skinless boneless chicken breasts (about 3 breasts)
- 18 wooden skewers (about 6 inches long)

Sauce
- 1/4 cup light coconut milk
- 2 tbsp peanut butter
- 2 tsp low-sodium soy sauce
- 2 tsp sesame oil
- 2 tsp rice vinegar
- 1 tsp honey
- 1 tsp finely chopped garlic
- 1/2 tsp chopped ginger
- 1/2 tsp hot chili sauce

Garnish
- 3 tsbp chopped cilantro; 1 tsp sesame seeds

Preparation:

1. Cut the chicken into strips about 4 inches long and 2 inches wide. Thread the strips of chicken onto the skewers.
2. In a bowl whisk coconut milk, peanut butter, soy sauce, sesame oil, rice vinegar, honey, garlic, ginger and chili sauce. Reserve half of the sauce; brush the other half over the chicken.
3. In a nonstick skillet cook the chicken for 5 minutes or just until no longer pink. Serve with the remaining sauce and garnish with cilantro and sesame seeds.

Per serving (1 skewer): Calories 42 • Protein 4 g • Carbohydrates 1 g • fibre 0.1 g • Total fat 2.2 g • Saturated fat 0.3 g • Cholesterol 10 mg • Sodium 34 mg • prep time 15 minutes • cook time 5 minutes

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FOR THE LOVE OF BIKES

Names: Shannon, 25, and Andy, 38

Current city: Toronto

Together since: 2009

Their story:

▶ Shannon and Andy

"Andy and I (Shannon) met when I started a new job at a medical office — he was the Purolator guy...

One day, Andy came into the office with a package I was expecting — I had ordered something from a motorcycle shop.

Being a rider himself, he recognized the name of the store and was very curious about the contents. Having discovered our joint passion for motorcycles, our conversations became more frequent.

Andy would even stop into the office empty–handed just for a quick chat. About two years later, we had our first date — on a motorcycle, of course! We went for a beautiful summer ride and rode by the waterfront in Port Perry, Ont.

It was there—36 minutes into our first date — that I knew he was "the one". I asked him to marry me. He said yes and kept me waiting (im)patiently for him to surprise me with a proper proposal. Andy finally proposed in January 2010, at the same place in Port Perry where I had asked him to marry me.

After some drama, a bit of stress and a wedding venue cancellation, we finally tied the knot in September 2010 in Toronto."

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

WHEN TASTE BUDS DON'T MATCH WITH YOUR LOVER

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM

TWITTER: @SMUGMARRIEDS

I'm an adventurous foodie, but my partner's taste buds are limited to boiled chicken and root veggies, and she refuses to experiment. I'm worried my flavour centres are going to turn as bland as the food on her plate. What can I do?

Derek says...

She sounds boring. I feel for you.

But in the event that you are actually in love and in this for the long haul, try finding restaurants where you can order an interesting item from the menu, while she eats a bowl buttered pasta or a piece of bread.

Once in a while, sneak away for a dinner safari with like-minded friends. If you teach her how to cook, she might be willing to experiment and expand her palate. Good luck.

Angela says ...

We have a friend who doesn't have an adventurous wish bone in him.

When his wife craves sushi, he tags along, and drinks a beer while she noshes on her tuna rolls. Then they go get him a burger and fries. Personally, I could never survive that kind of relationship — trying new foods is fun to do together — but hey, if it works for you then who am I to judge?

This is one of those situations where you will both need to learn how to compromise.

Take turns giving in to each other's food choices. I suspect after a while, she'll come around. Because who can resist a tasty chicken tikka masala?

FLICKR: THE CULINARY GEEK

▶ Chicken tikka masala?

HIT THE SLOPES TONIGHT AND SAVE!

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sp: metro ski

Photo provided by Cypress Mountain

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INVEST IN OTHERS, REAP THE BENEFITS

Charitable giving has become an essential piece of a financial plan. Studies have shown that philanthropy is one of the top three characteristics that wealthy people share (the other two are spending wisely and investing for the future). On average, self-made millionaires give away 10 per cent of their earnings.

Giving won't set you back financially. Research shows there's a Return On Investment (ROI) when you invest in your community. Rather than getting a dollar return, which is typical of a financial investment, you benefit through expanded networks, increased sales, leadership opportunities, promotions, marketing, job offers, publicity, and much more.

Additionally, Revenue Canada supports giving and will provide an attractive tax credit.

It can be hard to find extra dollars to give. It's hard enough trying to save 10 per cent into your RRSP and pay off debt.

But, giving doesn't just happen. You have to plan to make it happen.

Philanthropy helps to build safe, healthy, growing communities, and giving goes beyond donating money. Charities require volunteers to deliver programs and fundraise and they need strategic direction from board and committee members.

Get involved! First, do some soul searching to determine the causes that are meaningful to you. Has your family been impacted by a particular illness? Do you love the arts? Do children's sports camps make your heart melt?

Next, research the organizations you're passionate about. If you're stumped, visit sites like canadahelps.org, imaginecanada.ca or your local volunteer and community foundations. Try to pick one or two organizations to make your charity of choice.

Find out what the organization needs (usually money and volunteers) and how you can give.

Get to know them by volunteering your time and skills. If you're a web designer, spice up their website. If you're a banker, run a financial training program.

When you're ready, contribute financially to your charity of choice. From a budgeting perspective, it's helpful to contribute regularly on payday. Then, aim to grow your giving annually; e.g. $50 to $75 per month. There are two approaches to donations: either give small amounts to many charities – $20 here, $50 there, or, give to fewer charities, but in greater amounts – $1,000 to one or two organizations. More dollars to fewer organizations can have a greater impact.

Check whether your employer or professional association will match your donation or give you time off for volunteering.

Whatever your motivation is for giving, when you contribute your time, talent and money it demonstrates leadership, and people pay attention to that.

Interest rates/ Savings accounts

BANK	RATE
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HSBC	1.00%
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PCF	1.50%
RBC	1.25%
SCOTIA	1.35%
TD	1.25%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Splurge on your soul

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

The holiday season is a tough time for many Canadians. The majority of us (60 per cent) live pay cheque to pay cheque as we shoulder heavier debt loads. Just meeting the minimum of holiday expectations stretches some of us to the brink.

My prescription for such woes is to focus on feeding your soul. It doesn't involve much time or money but I guarantee it will help shed your financial woes and give you a dose of feel good at the same time.

Call up a family member or friend you haven't spoken to for ages.

I grew up in a time when calling long distance was either an occasion or meant bad news. At Christmas we'd huddle around the phone for a few quick words with relatives across the continent. Now long distance rates are so cheap there's no excuse not to call. And if it is long overdue you'll spread considerable joy.

Visit a shut in

It's a lonely time of year for many seniors in retirement facilities and nursing homes. Those who don't see well enough to read would welcome hearing you read aloud a favourite book. Others might enjoy a drive to see Christmas lights.

Take part

In every city, town and village in the country there are pageants, parades, ceremonies and caroling. Most of them are free. Get out and enjoy yourself!

4 sports

Favre. Return cut short

▶Brett Favre grabs a fumbled snap in front of the Chicago Bears' D.J. Moore.

ANDY KING/THE ASSOCIATED PRESS

Favre's return ends early after head injury

Brett Favre's emotional and surprising return to the field ended early. Favre shrugged off a sprained right shoulder to start the game last night, receiving a thunderous ovation from the crowd when he was introduced before the game.
But Minnesota's 41-year-old quarterback sustained a head injury in the second quarter after being taken down by Bears defensive end Corey Wootton, and the team said he would not return. The Bears won 40-14.

Red-hot Canucks blow past Blues

Daniel Sedin has 14 points in 11 games ◐ Henrik and Kesler each have 13 points in 11 games

Aaron Volpatti scored his first career goal and Ryan Kesler had his fourth in three games as the surging Vancouver Canucks beat the St. Louis Blues 3-1 on last night.

Jeff Tambellini scored a late power-play goal, Mikael Samuelsson had two assists and Roberto Luongo stopped 15 shots to earn his 13th career victory against the Blues in 22 games.

3	1
CANUCKS	BLUES

Vancouver improved to 9-1-1 in its last 11 games.

Alex Steen scored for the Blues, his third goal in two games this season against the Canucks.

St. Louis has one win in its last five.

Volpatti took advantage of a Blues turnover in their zone, as Tanner Glass checked defenceman Alex Pietrangelo in the left corner to allow Alexandre Bolduc to centre a puck to Volpatti, who beat Jaroslav Halak 7:12 into the second period for the first goal of the game.

Kesler made it 2-0 after the Canucks broke out on a 2-on-1 play, with Kesler keeping the puck and snapping a shot past Halak at 9:16 of the second.

The Blues, who were outshot 20-10 through two periods, finally got an opportunity and Steen cashed in on a backhander from the slot with 2:03 to play in the second to slice Vancouver's lead to 2-1.

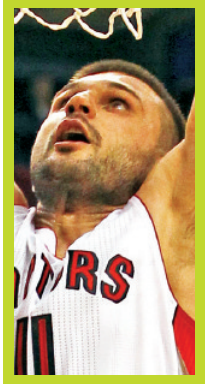
The Canucks, who came in with the third-ranked power play in the NHL, had four opportunities — including a 35-second stretch of 5-on-3 — to break a scoreless tie in the first period but were denied by the Blues each time.

Vancouver outshot St. Louis 12-3 in the opening 20 minutes.

Tambellini scored with 1:37 to play from the slot to give the Canucks a two-goal lead.

THE ASSOCIATED PRESS

Quoted



"He's a very good point guard to get everybody involved, get the team going. He's not necessarily the flashy one who's trying to go out there and score but he just runs the team well, he knows how to pass the ball very well and when he's on the court, he makes a big difference."

TORONTO RAPTOR LINAS KLEIZA, ON TEAMMATE JOSE CALDERON. IN THE TWO GAMES SINCE CALDERON RETURNED TO THE RAPTORS' LINEUP, KLEIZA HAS 26 POINTS AND 11 REBOUNDS.

Scan code for more sports

Junior teams go on shopping spree after losing equipment

Sweden, Germany and Norway made it to North America for their warmup games ahead of the world junior hockey championship — but some of their equipment did not.

The three teams were left scrambling yesterday as some of their bags were caught up in the travel chaos plaguing Europe after days of severe winter weather.

The Swedes and Germans both went shopping for some replacement equipment so they could practise ahead of their exhibition games this week, while the Norwegians decided to wait for their bags to arrive, according to officials from Hockey Canada and USA Hockey.

Either way, all three teams are expected to be ready for exhibition games this week.

THE CANADIAN PRESS

Lions sign QB Lulay to extension

Quarterback Travis Lulay has agreed to a new contract that will keep him with the B.C. Lions through the 2012 campaign.

The Oregon native finished his second year with the team last season completing 205 of 318 passes for 2,602 yards with nine touchdowns and 11 interceptions.

Lulay completed 28 of 49 passes for 357 yards, two touchdowns and an interception in a playoff loss to the Roughriders.

The deal is believed to be worth around $250,000 a season. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	35	22	8	2	3	117	87	49	12-6-0-2	10-2-2-1	7-2-0-1	L1
d-Atlanta	35	19	11	1	4	115	100	43	10-6-0-2	9-5-1-2	6-2-0-2	W2
d-Montreal	33	19	12	2	0	87	72	40	12-5-2-0	7-7-0-0	5-4-1-0	L1
Pittsburgh	34	22	10	2	0	110	79	46	11-6-1-0	11-4-1-0	8-2-0-0	W1
Tampa Bay	33	19	10	2	2	104	109	42	10-2-1-1	9-8-1-1	7-1-0-2	W4
Washington	35	19	12	2	2	104	99	42	12-4-1-2	7-8-1-0	2-6-1-1	W1
NY Rangers	35	20	14	1	0	105	91	41	8-8-1-0	12-6-0-0	6-4-0-0	L1
Boston	32	17	11	1	3	89	68	38	8-6-1-2	9-5-0-1	5-3-1-1	L1
Carolina	32	15	13	0	4	90	99	34	7-5-0-1	8-8-0-3	4-3-0-3	L1
Ottawa	35	14	17	3	1	81	106	32	8-9-1-1	5-8-2-0	3-4-2-1	L2
Florida	31	15	16	0	0	85	78	30	7-6-0-0	8-10-0-0	5-5-0-0	W2
Buffalo	33	13	16	4	0	84	95	30	7-9-1-0	6-7-3-0	5-4-1-0	L2
Toronto	33	12	17	2	2	75	102	28	8-7-2-1	4-10-0-1	4-6-0-0	L3
New Jersey	32	9	21	1	1	58	98	20	5-8-1-1	4-13-0-0	2-8-0-0	L2
NY Islanders	30	6	18	3	3	65	104	18	4-7-1-2	2-11-2-1	2-6-1-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	32	20	8	3	1	105	88	44	12-4-2-1	8-4-1-0	4-4-2-0	L2
d-Dallas	33	20	10	1	2	95	90	43	11-3-1-1	9-7-0-1	6-2-1-1	W2
d-Vancouver	31	19	8	2	2	101	78	42	11-3-1-1	8-5-1-1	7-2-1-0	W4
Colorado	33	19	10	4	0	121	105	42	10-4-1-0	9-6-3-0	6-1-3-0	W6
Nashville	32	17	9	4	2	83	79	40	8-2-3-2	9-7-1-0	8-1-1-0	L1
Anaheim	37	18	15	2	2	96	106	40	11-6-0-1	7-9-2-1	5-4-0-1	W1
San Jose	33	17	11	4	1	100	94	39	8-4-2-1	9-7-2-0	6-3-0-1	W2
Chicago	35	18	14	2	1	111	103	39	10-9-0-0	8-5-2-1	6-3-1-0	W2
Los Angeles	31	18	12	1	0	90	75	37	11-2-1-0	7-10-0-0	5-4-1-0	L1
Phoenix	32	15	10	4	3	89	93	37	6-4-2-2	9-6-2-1	4-4-0-2	L1
Columbus	32	16	13	2	1	82	90	35	8-8-0-1	8-5-2-0	3-5-1-1	L4
St. Louis	32	15	12	2	3	82	91	35	10-4-0-2	5-8-2-1	3-5-1-1	L2
Minnesota	32	15	13	1	3	79	91	34	8-7-0-2	7-6-1-1	5-3-1-1	W2
Calgary	34	14	17	1	2	91	100	31	9-7-0-0	5-10-1-2	4-5-0-1	L2
Edmonton	31	12	14	1	4	84	108	29	6-8-1-1	6-6-1-2	6-3-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Atlanta 6 Toronto 3
Florida 5 Philadelphia 0
Pittsburgh 6 Phoenix 1
Anaheim 3 Boston 0
Tampa Bay 5 Carolina 1
Vancouver 3 St. Louis 1
Minnesota 4 Calgary 1
Sunday's results
Colorado 3 Montreal 2
Washington 3 Ottawa 2
Chicago 3 Los Angeles 2
Dallas 4 Detroit 3 (OT)
Tonight's games
(All times Eastern)
Anaheim at Buffalo, 7 p.m.
St. Louis at Atlanta, 7 p.m.
Calgary at Columbus, 7 p.m.
New Jersey at Washington, 7:30 p.m.
Montreal at Dallas, 9 p.m.
Los Angeles at Colorado, 9:30 p.m.
Edmonton at San Jose, 10:30 p.m.

CANUCKS 3, BLUES 1

First Period
No Scoring.
Penalties — Winchester StL (roughing) 6:42, Pietrangelo StL (roughing) 11:17, Brewer StL (cross-checking) 12:43, McClement StL (high-sticking) 17:03, Burrows Vcr (holding) 19:31.
Second Period
1. Vancouver, Volpatti 1 (Bolduc) 7:12
2. Vancouver, Kesler 16 (Torres, Samuelsson) 9:16
3. St. Louis, Steen 10 (Cracknell, Polak) 17:57
Penalties — None.
Third Period
4. Vancouver, Tambellini 6 (Samuelsson, Hamhuis) 18:23 (pp)
Penalties — Glass Vcr (high-sticking) 6:06, Backes StL (high-sticking) 16:29, Bieksa Vcr (high-sticking) 19:37.
Shots

Vancouver	12	8	9	29
St. Louis	3	7	6	16

Goal — Vancouver: Luongo (W,16-8-2); St. Louis: Halak (L,12-10-4). **Power plays (goals-chances)** — Vancouver: 1-5; St. Louis: 0-3. **Att.** — 19,150 (19,150) at St. Louis, Mo.

WILD 4, FLAMES 1

First Period
1. Minnesota, Brodziak 6 (Scandella, Havlat) 9:18
Penalty — Havlat Min (hooking) 10:28.
Second Period
2. Calgary, Jokinen 6 (Iginla, Tanguay) 3:23
Penalties — Stoner Min (hooking) 15:14, Kostopoulos Cal (roughing) 18:29.
Third Period
3. Minnesota, Havlat 8 (Clutterbuck, Zidlicky) 6:13 (pp)
4. Minnesota, Madden 5 (Brunette, Zanon) 9:59 (pp)
5. Minnesota, Clutterbuck 9 (Burns) 19:14 (en)
Penalties — Backstrom Min (tripping; served by Nystrom) 3:11, Morrison Cal (interference) 5:37, Regehr Cal (high-sticking) 8:03, Madden Min (hooking) 17:04.
Shots

Calgary	12	13	10	35
Minnesota	10	3	10	23

Goal — Calgary: Kiprusoff (L,12-16-1); Minnesota: Backstrom (W,11-8-3). **Power plays (goals-chances)** — Calgary: 0-4; Minnesota: 2-3. **Att.** — 18,315 (18,064) at St. Paul, Minn.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	27	30	57
Stamkos, TB	26	21	47
St. Louis, TB	13	30	43
Perry, Ana	17	22	39
Datsyuk, Det	12	27	39
D.Sedin, Vcr	16	22	38
B.Richards, Dal	15	23	38
Ovechkin, Wash	12	26	38
H.Sedin, Vcr	6	31	37
Getzlaf, Ana	13	22	35
Byfuglien, Atl	11	24	35
Sharp, Chi	18	16	34
Eriksson, Dal	14	20	34
Duchene, Col	13	21	34
Backstrom, Wash	11	23	34
Semin, Wash	18	15	33
E.Staal, Car	16	17	33
Roy, Buf	10	23	33
Zetterberg, Det	10	23	33
Toews, Chi	15	17	32
Kopitar, LA	14	18	32
P.Stastny, Col	13	19	32
M.Richards, Pha	11	21	32
Giroux, Pha	16	15	31
Heatley, SJ	14	17	31
Iginla, Cal	14	17	31
Ladd, Atl	12	19	31
Hejduk, Col	11	20	31

FOOTBALL

NCAA

BOWL GAMES

All times Eastern
Tonight's game
BEEF 'O' BRADY'S BOWL
At St. Petersburg, Fla.
Louisville (6-6) vs. Southern Mississippi (8-4), 8 p.m.
Tomorrow's game
MAACO BOWL
At Las Vegas
Utah (10-2) vs. Boise State (11-1), 8 p.m.
Thursday's game
POINSETTIA BOWL
At San Diego, Calif.
San Diego State (8-4) vs. Navy (8-3), 8 p.m.
Friday's game
HAWAII BOWL
At Honolulu
Hawaii (10-3) vs. Tulsa (9-3), 8 p.m.
Sunday's game
LITTLE CAESARS PIZZA BOWL
At Detroit
Toledo (8-4) vs. Florida International (6-6), 8:30 p.m.
Monday, Dec. 27
INDEPENDENCE BOWL
At Shreveport, La.
Georgia Tech (6-6) vs. Air Force (8-4), 5 p.m.
Tuesday, Dec. 28
CHAMPS SPORTS BOWL
At Orlando, Fla.
North Carolina State (8-4) vs. West Virginia (9-3), 6:30 p.m.
INSIGHT BOWL
At Tempe, Ariz.
Missouri (10-2) vs. Iowa (7-5), 10 p.m.
Wednesday, Dec. 29
MILITARY BOWL
At Landover, Md.
East Carolina (6-6) vs. Maryland (8-4), 2:30 p.m.
TEXAS BOWL
At Houston
Baylor (7-5) vs. Illinois (6-6), 6 p.m.
ALAMO BOWL
At San Antonio
Arizona (7-5) vs. Oklahoma State (10-2), 9 p.m.
Thursday, Dec. 30
ARMED FORCES BOWL
At Fort Worth, Texas
Southern Methodist (7-6) vs. Army (6-5), Noon
PINSTRIPE BOWL
At Bronx, N.Y.
Syracuse (7-5) vs. Kansas State (7-5), 3:30 p.m.
MUSIC CITY BOWL
At Nashville, Tenn.
North Carolina (7-5) vs. Tennessee (6-6), 6:30 p.m.
HOLIDAY BOWL
At San Diego, Calif.
Nebraska (10-3) vs. Washington (6-6), 10 p.m.
Friday, Dec. 31
MEINEKE BOWL
At Charlotte, N.C.
Clemson (6-6) vs. South Florida (7-5), Noon
SUN BOWL
At El Paso, Texas
Notre Dame (7-5) vs. Miami (7-5), 2 p.m.
LIBERTY BOWL
At Memphis, Tenn.
Georgia (6-6) vs. Central Florida (10-3), 3:30 p.m.
CHICK-FIL-A BOWL
At Atlanta
South Carolina (9-4) vs. Florida State (9-4), 7:30 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE

Yesterday's result
Manchester City 1 Everton 2

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	22	4	.846	—
d-Miami	21	9	.700	3
d-Chicago	16	9	.640	5½
Atlanta	18	12	.600	6
Orlando	16	11	.593	6½
New York	16	12	.571	7
Indiana	13	14	.481	9½
Philadelphia	11	16	.407	11½
Milwaukee	10	16	.385	12
Toronto	10	18	.357	13
Charlotte	9	18	.333	13½
Detroit	9	19	.321	14
Cleveland	8	20	.286	15
New Jersey	8	20	.286	15
Washington	7	19	.269	15

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	24	3	.889	—
Dallas	22	5	.815	2
d-L.A. Lakers	21	7	.750	3½
d-Utah	20	9	.690	5
Oklahoma City	19	9	.679	5½
Denver	16	10	.615	7½
New Orleans	16	12	.571	8½
Portland	15	14	.517	10
Phoenix	13	14	.481	11
Houston	13	15	.464	11½
Memphis	12	16	.429	12½
Golden State	9	18	.333	15
L.A. Clippers	8	21	.276	17
Minnesota	6	23	.207	19
Sacramento	5	20	.200	18

d-division leader
Last night's results
Atlanta 91 Orlando 81
Utah 101 Cleveland 90
Indiana 94 New Orleans 93
Washington 108 Charlotte 75
Dallas 98 Miami 96
San Antonio 118 Phoenix 110
Portland 106 Milwaukee 80
Houston 121 Golden State 112
L.A. Clippers 113 Minnesota 90
Sunday's results
Boston 99 Indiana 88
New Jersey 89 Atlanta 82
L.A. Lakers 120 Toronto 110
Houston 102 Sacramento 93
Detroit 111 New Orleans 108, OT
Phoenix 113 Oklahoma City 110
Tonight's games
(All times Eastern)
Oklahoma City at Charlotte, 7 p.m.
Dallas at Orlando, 7 p.m.
Philadelphia at Chicago, 8 p.m.
New Jersey at Memphis, 8 p.m.
Golden State at Sacramento, 10 p.m.
Milwaukee at L.A. Lakers, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	24	213	196	658	27.4
Stoudemire, NYK	28	281	174	742	26.5
Bryant, LAL	28	246	191	724	25.9
Nowitzki, DAL	26	244	131	644	24.8
James, MIA	29	238	198	710	24.5
Ellis, GOL	26	245	108	636	24.5
Rose, CHI	24	224	93	584	24.3
Anthony, DEN	24	200	161	576	24.0
Wade, MIA	28	228	180	660	23.6
Gordon, LAC	26	196	182	609	23.4
Martin, HOU	27	178	207	625	23.1
Westbrook, OKC	28	217	203	646	23.1
Williams, UTA	28	208	167	629	22.5
Howard, ORL	24	182	156	520	21.7
Bargnani, TOR	26	211	102	556	21.4
Beasley, MIN	26	225	83	554	21.3
Love, MIN	28	200	153	591	21.1
Granger, IND	25	183	104	526	21.0
Gay, MEM	27	219	92	566	21.0
Griffin, LAC	28	226	127	580	20.7
Scola, HOU	27	224	98	546	20.2
Ginobili, SAN	26	160	135	516	19.8
Gasol, LAL	28	214	125	553	19.8
J. Richardson, PHX	25	183	55	483	19.3
West, NOR	26	203	94	501	19.3
Lopez, NJN	28	191	153	535	19.1
Aldridge, POR	28	207	107	524	18.7
Pierce, BOS	26	167	116	480	18.5
Felton, NYK	28	185	95	516	18.4
Bosh, MIA	29	201	122	527	18.2
Randolph, MEM	24	177	76	433	18.0

Not including last night's games

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
CHICAGO WHITE SOX — Agreed to terms with RHP Jesse Crain on a three-year contract. Named Joe McEwing manager of Charlotte (IL), Bobby Magallenes manager of Birmingham (SL), Julio Vinas manager of Winston-Salem (Carolina), Tommy Thompson manager of Kannapolis (SAL), Ryan Newman manager of Great Falls (Pioneer), Pete Rose Jr. manager of Bristol (Appalachian) and Devon White baserunning instructor.
CLEVELAND INDIANS — Agreed to terms with OF Austin Kearns on a one-year contract.
NATIONAL LEAGUE
HOUSTON ASTROS — Agreed to terms with UT Bill Hall on a one-year contract.
PITTSBURGH PIRATES — Agreed to terms with INF Josh Fields on a minor league contract.
SAN DIEGO PADRES — Agreed to terms with INF Orlando Hudson on a two-year contract.
SAN FRANCISCO GIANTS — Agreed to terms with RHP Guillermo Mota on a minor league contract.
WASHINGTON NATIONALS — Agreed to terms with OF Rick Ankiel and RHP Ryan Mattheus on one-year contracts and RHP Joe Bisenius, RH Tim Wood, 1B Michael Aubrey, INF Brian Bixler, OF Jeff Frazier and OF Jonathan Van Every on minor league contracts.

AMERICAN ASSOCIATION

FORT WORTH CATS — Released OF Kennard Bibbs and RHP Colin Allen.

FRONTIER LEAGUE

RIVER CITY RASCALS — Traded SS Jorge Gutierrez and RHP Tony Marsala to Kalamazoo for their first-round pick in the dispersal draft. Acquired LHP Todd Privett from Joliet (Northern) to complete a previous trade. Signed LHP Kirkland Rivers to a contract extension. Signed SS Brian Harris.

GOLDEN LEAGUE

NA KOA IKAIKA MAUI — Named Garry Templeton manager.

BASKETBALL

NBA

LEAGUE OFFICE — Approved the board of governors has approved the sale of the New Orleans Hornets to the league.

FOOTBALL

NFL

MINNESOTA VIKINGS — Placed G Steve Hutchinson on injured reserve. Signed QB R.J. Archer from the practice squad.

CFL

B.C. LIONS — Signed QB Travis Lulay to a contract extension.

HOCKEY

NHL

BOSTON BRUINS — Reassigned D Cody Wild from Reading (ECHL) to Providence (AHL).
MINNESOTA WILD — Recalled D Marco Scandella from Houston (AHL).
NEW JERSEY DEVILS — Recalled D Matt Corrente from Albany (AHL).
OTTAWA SENATORS — Reassigned G Mike Brodeur to Binghamton (AHL).
TAMPA BAY LIGHTNING — Recalled G Cedrick Desjardins from Norfolk (AHL).

AHL

LEAGUE OFFICE — Suspended Connecticut RW Mats Zuccarello one game for his actions during Friday's game against Worcester.
CHARLOTTE CHECKERS — Reassigned D Kyle Lawson, F Matthew Pistilli and F Jared Staal to Florida (ECHL).

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
x-New England	12	2	0	.857	446	303
N.Y. Jets	10	4	0	.714	295	259
Miami	7	7	0	.500	239	261
Buffalo	4	10	0	.286	273	353
SOUTH						
Indianapolis	8	6	0	.571	381	342
Jacksonville	8	6	0	.571	319	365
Tennessee	6	8	0	.429	322	282
Houston	5	9	0	.357	333	386
NORTH						
x-Pittsburgh	10	4	0	.714	307	220
Baltimore	10	4	0	.714	324	253
Cleveland	5	9	0	.357	252	271
Cincinnati	3	11	0	.214	281	362
WEST						
Kansas City	9	5	0	.643	322	281
San Diego	8	6	0	.571	388	260
Oakland	7	7	0	.500	353	330
Denver	3	11	0	.214	292	415

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Philadelphia	10	4	0	.714	412	339
N.Y. Giants	9	5	0	.643	360	288
Washington	5	9	0	.357	268	343
Dallas	5	9	0	.357	354	396
SOUTH						
x-Atlanta	12	2	0	.857	369	261
New Orleans	10	4	0	.714	354	270
Tampa Bay	8	6	0	.571	280	290
Carolina	2	12	0	.143	183	350
NORTH						
Chicago	10	4	0	.714	293	242
Green Bay	8	6	0	.571	333	220
Minnesota	5	9	0	.357	244	314
Detroit	4	10	0	.286	308	329
WEST						
St. Louis	6	8	0	.429	258	295
Seattle	6	8	0	.429	279	363
San Francisco	5	9	0	.357	250	314
Arizona	4	10	0	.286	255	370

x — clinched playoff berth.

WEEK 15

Last night's result
Chicago 40 Minnesota 14
Sunday's results
Atlanta 34 Seattle 18
Baltimore 30 New Orleans 24
Buffalo 17 Miami 14
Carolina 19 Arizona 12
Cincinnati 19 Cleveland 17
Dallas 33 Washington 30
Detroit 23 Tampa Bay 20 (OT)
Indianapolis 34 Jacksonville 24
Kansas City 27 St. Louis 13
New England 31 Green Bay 27
N.Y. Jets 22 Pittsburgh 17
Oakland 39 Denver 23
Philadelphia 38 N.Y. Giants 31
Tennessee 31 Houston 17

WEEK 16

Thursday's game
(All times Eastern)
Carolina at Pittsburgh, 8:20 p.m.
Saturday's game
Dallas at Arizona, 7:30 p.m.
Sunday's games
Tennessee at Kansas City, 1 p.m.
San Francisco at St. Louis, 1 p.m.
N.Y. Jets at Chicago, 1 p.m.
Baltimore at Cleveland, 1 p.m.
New England at Buffalo, 1 p.m.
Detroit at Miami, 1 p.m.
Washington at Jacksonville, 1 p.m.
Indianapolis at Oakland, 4:05 p.m.
Houston at Denver, 4:05 p.m.
San Diego at Cincinnati, 4:05 p.m.
N.Y. Giants at Green Bay, 4:15 p.m.
Seattle at Tampa Bay, 4:15 p.m.
Minnesota at Philadelphia, 8:20 p.m.
Monday, Dec. 27
New Orleans at Atlanta, 8:30 p.m.

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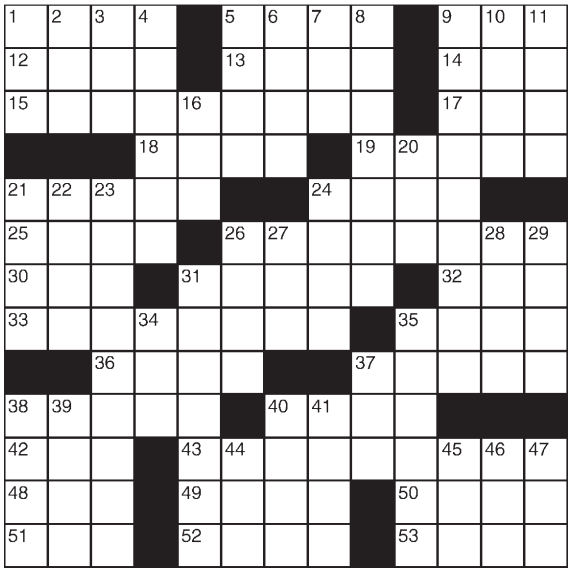
Crossword



Across

1 Grouch
5 — Abby
9 Old airline initials
12 Stereo alternative
13 Fairy-tale villain
14 Hairpiece
15 David Lynch TV series
17 Single
18 Poet
19 Elephant's ivories
21 Station
24 Fortune's partner
25 Mideast nation
26 Skywalker's story
30 Next-to-last Greek letter
31 Minimum
32 Skater Babilonia
33 Three-striper
35 Penny
36 Verve
37 Specialty
38 Attach
40 "The Wizard of Oz" author
42 Zodiac feline
43 It's 6 inches smaller than a queen
48 Lummox
49 Rim
50 Easter flower
51 Sprite
52 Take a break
53 Oxen's joiner

Down

1 Nashville-based cable channel
2 Tier
3 Blackbird
4 Chocolate-coated treat
5 Active one
6 "Zounds!"
7 Noah's boat
8 Take it from the top
9 Small car
10 Flirtatious gesture
11 A long time
16 Sajak or Summerall
20 Diggers' grp.
21 Quick swims
22 Gaelic
23 Found partners
24 Rapid
26 Connery or Penn
27 Bronzed, at the beach
28 Carry on
29 Location
31 Hero's hero
34 Day- — colours
35 Attractive
37 Adjective suffix
38 Lotion additive
39 Transaction
40 Elmer's prey
41 Help a hood
44 Praise in verse
45 Life story, for short
46 Wapiti
47 Colouring agent

▶ Yesterday's answer

H	I	P	S	■	S	O	T	■	C	L	E	F
I	N	S	I	G	N	I	A	■	H	O	Y	A
S	K	I	M	M	I	L	K	■	I	C	E	D
■	■	■	P	A	P	■	E	U	C	H	R	E
T	O	K	E	N	■	D	A	S	H	■	■	■
A	V	E	R	■	G	O	T	M	I	L	K	■
P	U	P	■	S	O	N	I	C	■	O	E	R
■	M	I	L	K	S	O	P	■	F	R	E	Y
■	■	■	L	E	S	T	■	A	R	E	N	A
O	T	T	A	W	A	■	A	N	A	■	■	■
M	O	O	N	■	M	I	L	K	M	A	I	D
E	R	G	O	■	E	I	T	H	E	R	O	R
N	E	S	S	■	R	I	O	■	D	E	N	Y

Sudoku

	2		9	6	4		7	
1								6
		5				4		
8	3		4		9		5	1
				2				
4	7		6		5		8	2
		3				9		
7								8
	9		8	3	7		1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	2	3	4	5	8	9	1	6
6	4	9	3	7	1	5	8	2
8	1	5	6	2	9	4	7	3
1	6	7	8	4	2	3	5	9
9	3	4	5	6	7	1	2	8
5	8	2	1	9	3	6	4	7
2	5	1	7	3	6	8	9	4
3	9	8	2	1	4	7	6	5
4	7	6	9	8	5	2	3	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

PMP, You take me to heaven and back and I thank you. XXXOOO
SQ

My Sweet Daniel, We're always competing and trying prove who loves who the most. So this will prove that I love you more.
SIMONE

Dear Mom,
Happy early birthday! I know that it's not a 'surprise' party like last year, but hopefully you have a wonderful Christmas with most of the family! It will be packed! I can't wait to give you your presents!
LOVE, ASHLEY

happy birthday to you. happy birthday to you. happy birthday dear Robyn. happy birthday to you. the big three "0" - have a good one my "old" friend
DAVID W

Today 7°/6° Rain 70%
Wednesday 7°/5° Rain 60%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Keep what you know to yourself today and don't be tempted to boast that you have inside information. If your rivals get even a sniff of what you are up to it will weaken your efforts to move up in the world.

♉ Taurus April 21-May 21 You are not thinking straight, so it might be wise to avoid any major decisions. There are some tricky people out there, so play your cards close to your chest.

♊ Gemini May 22-June 21 It seems like everyone wants a piece of you — but there is only so much of you to go around. Look out for Number One.

♋ Cancer June 22-July 22 Your fears and anxieties seem to be getting a bit out of hand, so you need to remind yourself today of who you are and what it is you want to do with your life.

♌ Leo July 23-Aug.23 Will you get an apology from someone who did you wrong? It's highly unlikely and you know it, so you might as well put the incident behind you and get on with your life.

♍ Virgo Aug. 24- Sept. 22 No matter how desperate you may be to move up in the world you must not take foolish risks. Success is a long-term endeavor, so think where you want to be a year or even five years from now. Then go for it.

♎ Libra Sept. 23-Oct. 23 You can't seem to sit still at the moment. Don't buzz here, there and everywhere for no reason — have a plan. Move to a purpose.

♏ Scorpio Oct. 24-Nov. 22 Times may be tough but they are not so tough that you can't do something to improve your money situation. The next few weeks will boost your communication skills, so get out there and network.

♐ Sagittarius Nov. 23-Dec. 21 A lunar eclipse in the final degree of your opposite sign means that feelings are running high at the moment. Others may say nasty things but you are advised not to hit back in kind.

♑ Capricorn Dec. 22-Jan. 20 Sometimes it's difficult to know what is fact and what is fiction but one thing you'll know for certain today is that you are in command of how you think and how you feel.

♒ Aquarius Jan. 21-Feb. 18 While everyone else is fretting and fussing over trivial things you will be quietly getting on with what you have to do. Your creative plans are taking shape nicely.

♓ Pisces Feb. 19-March 20 You cannot run away from your responsibilities, much as you might like to. Do what has to be done and do it so well that next time you will be asked to do something more interesting. ● SALLY BROMPTON

Caption contest

MIKE GROLL/THE ASSOCIATED PRESS

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You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Deals of the week

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Sirenis La Salina Varadero • 4 ★

All-Inclusive • Standard rm.
Jan. 7 - 21 • 1 wk.

$939
+Taxes & other fees: $149

MEXICO

Los Cabos

Hola Grand Faro Los Cabos Luxury • 4 ★

All-Inclusive
Deluxe partial oceanview rm.
Jan. 23 • 1 wk.

$949
+Taxes & other fees: $225

DOMINICAN REPUBLIC

La Romana via Toronto

Gran Bahia Principe La Romana • 4 1/2 ★

All-Inclusive • Junior suite
Jan. 1 - 29 • 1 wk.

PRIVILEGES
$1199
+Taxes & other fees: $186

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★

All-Inclusive
Traditional standard rm.
Jan. 7, 14 & 21 • 1 wk.

PRIVILEGES
$1249
+Taxes & other fees: $92

Puerto Vallarta/ Riviera Nayarit

Crown Paradise Puerto Vallarta • 4 ★

All-Inclusive • Standard rm.
Jan. 8 - 22 • 1 wk.

$999
+Taxes & other fees: $119

MEXICO

Cancun/Riviera Maya

Barceló Maya Beach • 4 ★

All-Inclusive • Superior rm.
Jan. 8 • 1 wk.

$1229
+Taxes & other fees: $241

Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive • Junior suite
Jan. 7, 14 & 21 • 1 wk.

PRIVILEGES
$1399
+Taxes & other fees: $92

Ixtapa/Zihuatanejo

Krystal Ixtapa • 4 ★

All-Inclusive • Deluxe rm.
Jan. 29 • 1 wk.

$999
+Taxes & other fees: $249

Dreams Puerto Aventuras Resort & Spa • 4 1/2 ★

Unlimited-Luxury®
Deluxe garden view rm.
Jan. 8 • 1 wk.

$1249
+Taxes & other fees: $241

USA

Las Vegas

Bally's Las Vegas • 3 1/2 ★

Classic rm. - promo savings
Jan. 24 & 25 • 3 nts.

$299
+Taxes & other fees: $106

Honolulu

Maile Sky Court • 2 1/2 ★

Q value - city view rm.
Jan. 26 & 27 • 1 wk.

$699
+Taxes & other fees: $110

CRUISE

Celebrity Cruises[1]

Celebrity Summit℠

Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. 11
Mar. 26 • 1 wk.

$1199
+Taxes & other fees: $152

Dreams Puerto Vallarta Resort & Spa

DREAMS RESORTS & SPAS

MEXICO

Puerto Vallarta/Riviera Nayarit

Dreams Puerto Vallarta Resort & Spa • 4 1/2 ★

Unlimited-Luxury®
Deluxe oceanview rm.
Feb. 5 & 26 • 1 wk.

$1679
+Taxes & other fees: $119

Los Cabos

Dreams Los Cabos Suites Golf Resort & Spa • 5 ★

Unlimited-Luxury®
Junior suite ocean view
Feb. 6 & 27 • 1 wk.

$1999
+Taxes & other fees: $225

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